



presents

Serenity Now Workshops

instructed by

Sophia McKinney LMT

Mondays, 6:15pm Studio 1

Learn to evoke the relaxation response using a variety of ancient and modern bodywork techniques empowering your health naturally. You'll be given the tools you need to decompress, hydrate and heal the muscles and joints to perform optimally whether at work, rest or play.

Oct. 12, Nov. 9

Reflexology & Acupressure

for Face, Hands and Feet

Oct. 19, Nov. 16

Treat Your Own Joint Pain & Injury Prevention

for Back, Neck, Hip, Knee & Shoulder

Oct. 26, Nov. 30

Soft Foam Roller

Relieve stress and tension. Reap the benefits having a massage.

Oct. 5, Nov. 2, Dec. 7

Core Stabilization and Opener

with Neuromuscular Reeducation using a Swiss Ball